

The health-mobile is coming to town

In March, Fresno, Calif.'s mobile fitness vehicle began rolling into neighborhoods, offering health screenings, fitness classes and computer training for youth, adult and elderly residents. The 34-foot-long converted toy hauler includes outdoor athletic equipment, a 42-inch plasma television and a 10-station satellite computer lab, which can double as a communication link in an emergency.

Employees from local hospitals staff the vehicle. Outside, residents can follow along to aerobic videos displayed on the television or use the Internet-connected laptop computers. "With obesity and diabetes affecting the lives of our children at such a high rate, the screenings will identify health issues, and the classes will get kids and seniors up and moving," said Mayor Alan Autry.

